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| Task checklist | Mentor check-in | Scaffolded task for completion |
| Calm plan | 1:1 multi lit | Time out card |
| Skill building workshop | 1:1 opportunities for feedback | Alternate job in PE  ( referee or equipment) |
| Cheat sheet | Counsellor referral | Physio / OT |
| Pre organised prompt | Structured task for group (roles) | Staff PL around disorder |
| Written instructions on desk | Preparing student when calling on for answer | Mood script |
| Audio text | Timer for activities | Online sites – Beyond Blue, headspace. |

Possible individual accommodations and adjustments